

As a parent, you know
your baby best.

You notice things such as how and when
your baby smiles, sits up, walks, talks, or
holds a cup. What you are seeing is how
your child is growing through different
developmental stages.

If you have concerns...

Every baby grows at his or her own pace,
but if you have concerns about your baby's
development, there is help available in
Washington State. Call Healthy Mothers,
Healthy Babies at the number below to find
a Family Resources Coordinator in your area.
You may also talk with your doctor, nurse or
local school district about a free develop-
mental screening.

More information is available at the Infant
Toddler Early Intervention Program web site:
www1.dshs.wa.gov/iteip



Healthy Mothers, Healthy Babies

1-800-322-2588

711(tty relay) www.hmhbwa.org



Washington State
Department of Social
& Health Services

Infant Toddler
Early Intervention
Program (ITEIP)



**Please Ask
Babies Can't Wait**

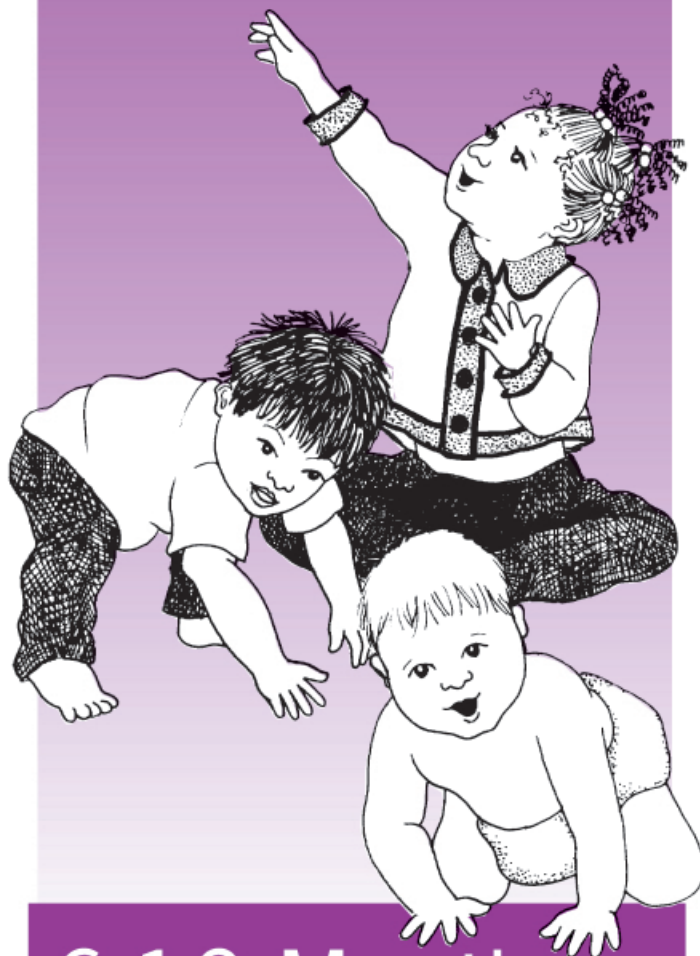


www.childprofile.org

Available in other formats upon request.
Call the number above.

325-0068 Rev 3/05

Watch & Help Me Grow



6-12 Months

Developmental Milestones

6 - 12 months

Between the ages of 6 and 12 months, your baby should be doing most of these things. If you have concerns, help is available.



Moving - Does your baby:

- ☐ move things from hand to hand?
- ☐ reach, hold and put things in her mouth?
- ☐ sit with support (6-9 months)?
- ☐ pull himself to sit or stand (9-12 months)?
- ☐ creep or crawl?



Understanding - Does your baby:

- ☐ imitate motions, like waving bye-bye?
- ☐ ask for things using motions and sounds?
- ☐ copy sounds (ba ba, ga ga)?
- ☐ begin to play simple games?
- ☐ respond to simple questions or requests?
- ☐ know parents from strangers?
- ☐ look for a hidden object?



Seeing - Does your baby:

- ☐ crawl or walk without bumping into things, as if he cannot see them?
- ☐ make eye contact (look into your eyes)?
- ☐ hold objects at a normal distance (6-12")?
- ☐ look at things without crossing eyes or squinting (after 9 months)?
- ☐ seem to notice shadows, colors, or different textures?



Hearing - Does your baby:

- ☐ respond to noises and his name?
- ☐ use a voice that is not too loud or soft?
- ☐ respond to toys that make noise (musical toys, telephones, squeaky toys)?

You Can Help Your Baby Develop!

Play

- Play on the floor with your baby.
- Play games and sing songs that involve hands and feet like "This Little Piggy," "Where is Thumbkin?" and "Pat-a-cake."
- Provide safe toys and a safe place for baby to move and explore.

Read

- Cuddle together and read to your baby often.
- Be ready to read the same stories over and over. That's how babies learn.
- Talk about the pictures in the books as you.

Talk

- Talk, talk, talk with your baby. If possible, also use hand signs and gestures.
- Listen for and imitate sounds in the world around you.
- Talk, sing and laugh with your baby.
- Use different tones of voice: high, low, soothing.
- Be silly! Play games together and sing silly songs.

Listen

- Listen and respond to your baby's sounds and gestures.
- Comfort your baby quickly.
- Listen to your baby's sounds and say them back.

Respect

- Introduce your baby to others as you would any other person.
- Tell your baby what is about to happen such as pick up, bathe, diaper, feed or put in car seat.
- Keep a daily routine which includes meals, play time, naps, bedtime.